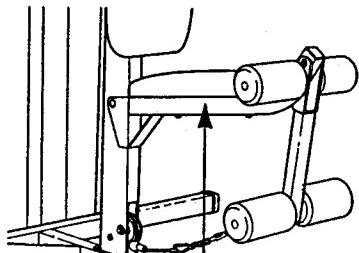


# WEIDER 8300

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG83000  
Serial No. \_\_\_\_\_



Serial Number Decal (Under Seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

### CUSTOMER HOT LINE:

1-800-225-0653

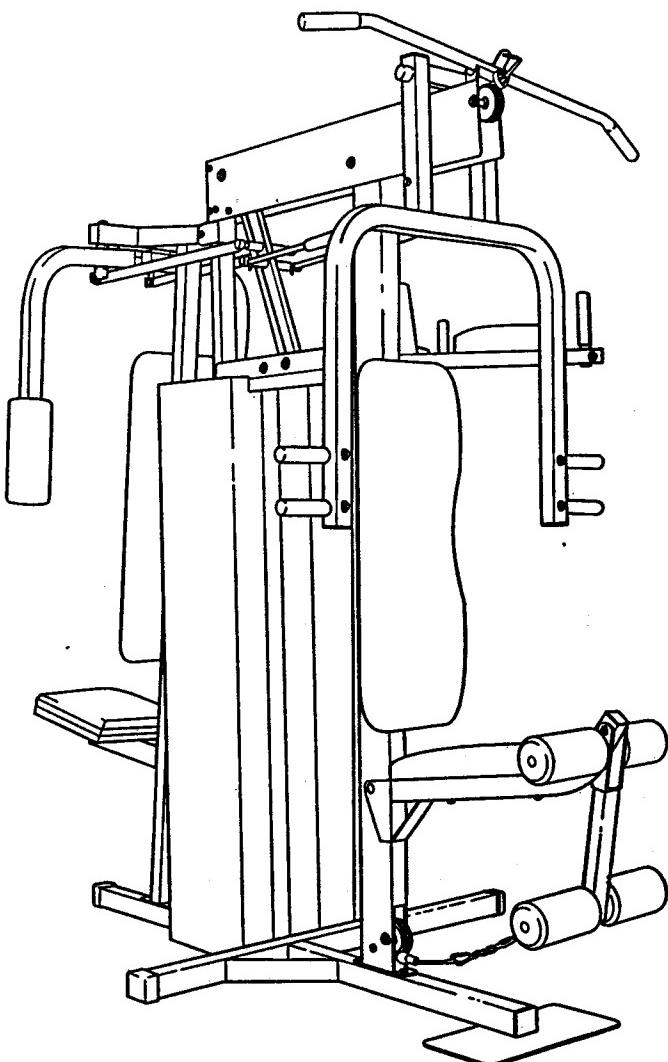
Mon.-Fri., 6 a.m.-6 p.m. MST

## CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.

PATENT PENDING

## OWNER'S MANUAL



**weider®**

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the hard drive system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the hard drive system. Use the hard drive system only as described.
2. Use the hard drive system only on a level surface. Cover the floor beneath the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts other than handles.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the butterfly arms, press arm, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always stand on the foot plate when performing an exercise that could cause the hard drive system to tip.
10. Disconnect the lat bar from the hard drive system when performing any exercise that does not require the lat bar.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

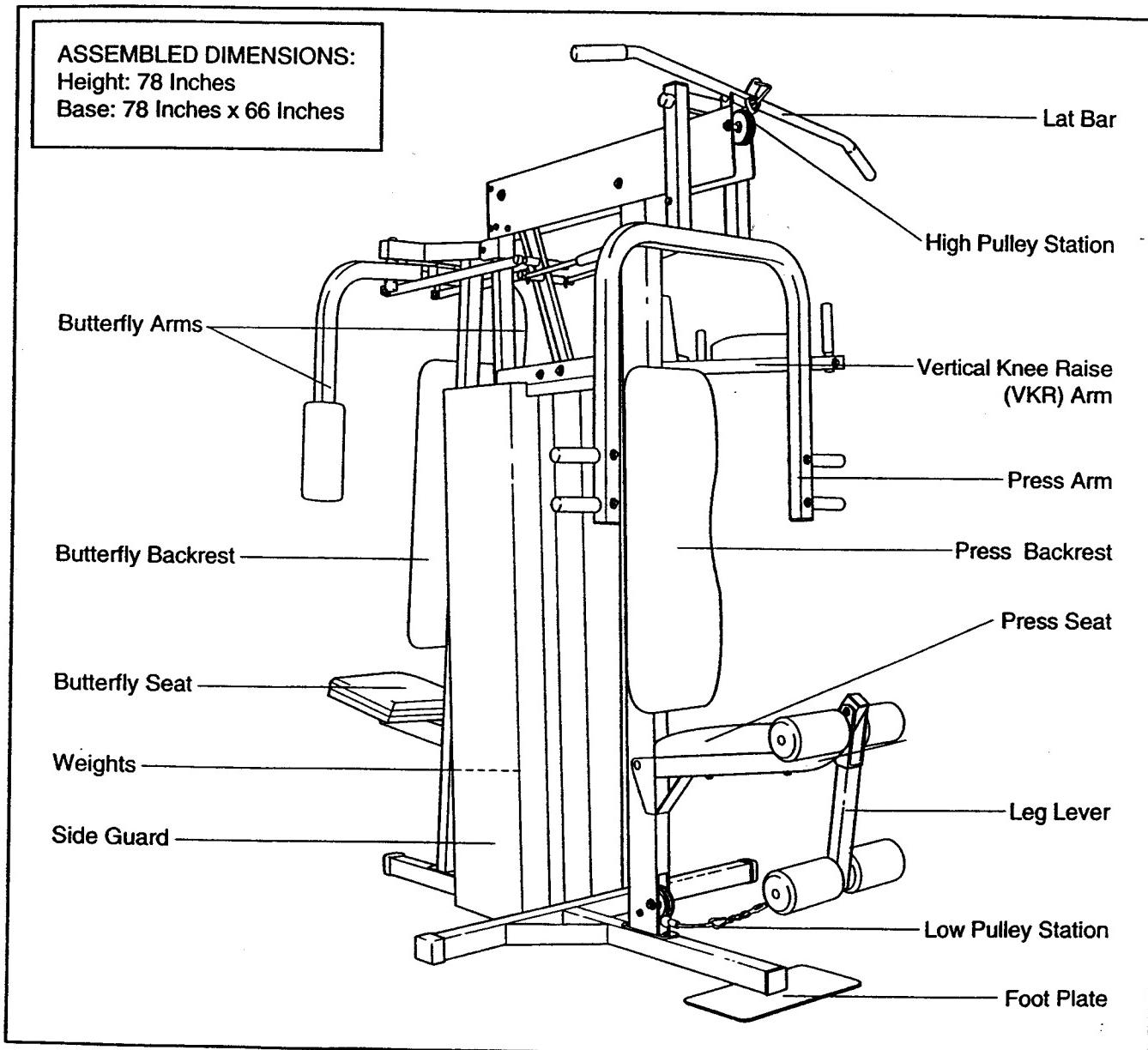
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8300 Hard Drive System. The WEIDER 8300 offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8300 will help you to achieve the specific results you want.

**For your safety and benefit, read this manual carefully before using the WEIDER 8300 Hard Drive System.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-667-2140 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WG83000. The serial number can be found on a decal attached to the WEIDER 8300 (see the front cover of this owner's manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

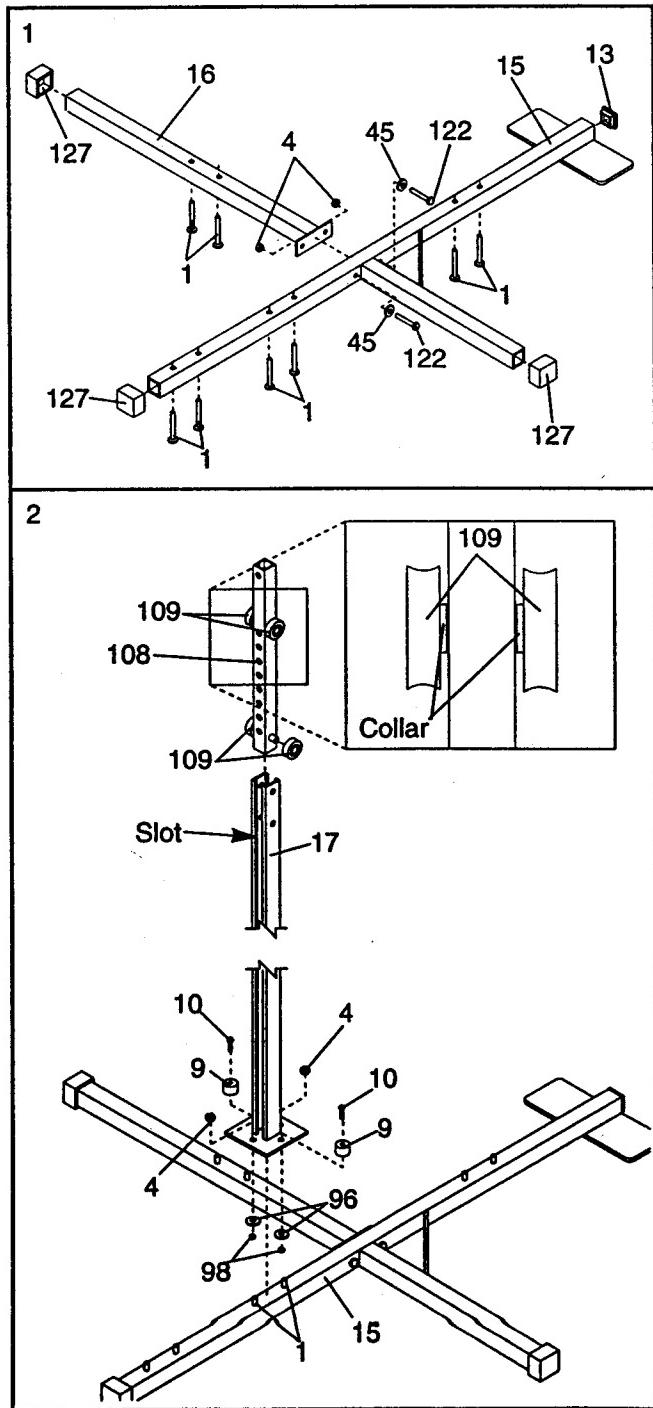
Assembly requires two people. Due to the size and weight of the hard drive system, it should be assembled in the location where it will be used. Place all parts of the hard drive system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the hard drive system, make sure that all parts are oriented as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART accompanying this owner's manual.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:** two adjustable wrenches, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Press a 2" Outer Cap (127) onto the Stabilizer (16). Press two 2" Outer Caps (127) and a 2" Inner Cap (13) onto the Base (15).

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabilizer (16). Insert six 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (15).

Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylon Locknuts (4).

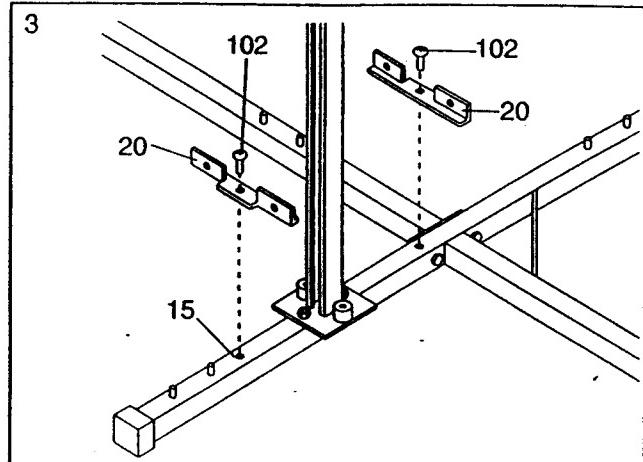


2. Slide the Weight Upright (17) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Weight Upright must be turned so the slot is on the indicated side. Attach the Weight Upright to the Base with two 5/16" Nylon Locknuts (4).

Attach a Rubber Bumper (9) to each side of the Weight Upright (17) with a #8-32 Screw (10), #8 Washer (96), and #8-32 Nut (98).

Slide the four Rollers (109) onto the short pins on the Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Weight Upright (17).

3. Attach the two Side Guard Brackets (20) to the Base (15) with two #8 x 1/2" Self-Tapping Screws (102). The Side Guard Brackets must be turned as shown.

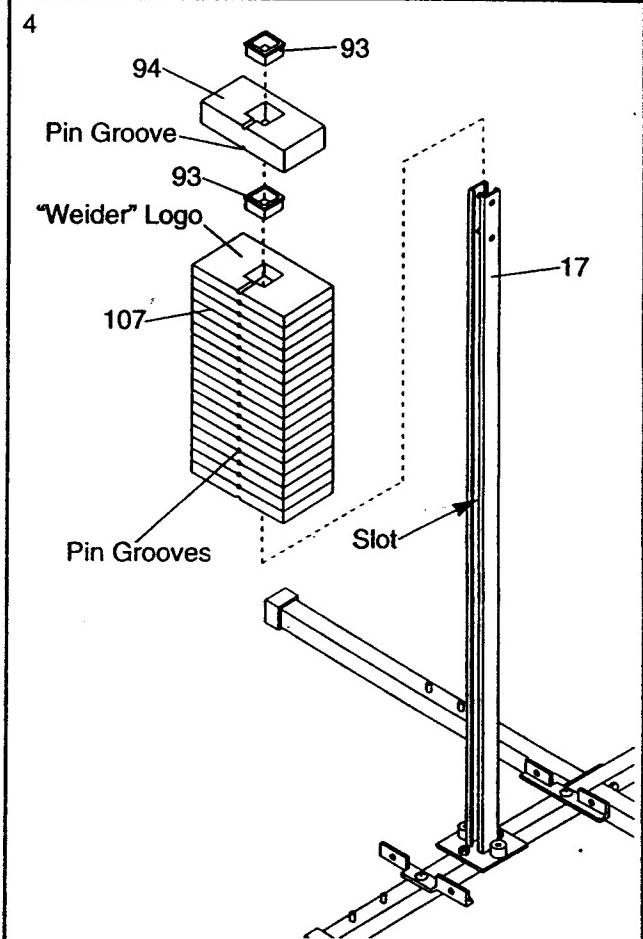


4. Turn each of the eighteen 10 Lb. Weights (107) so the "Weider" logo is on top. Press a Weight Sleeve (93) into the top of each Weight.

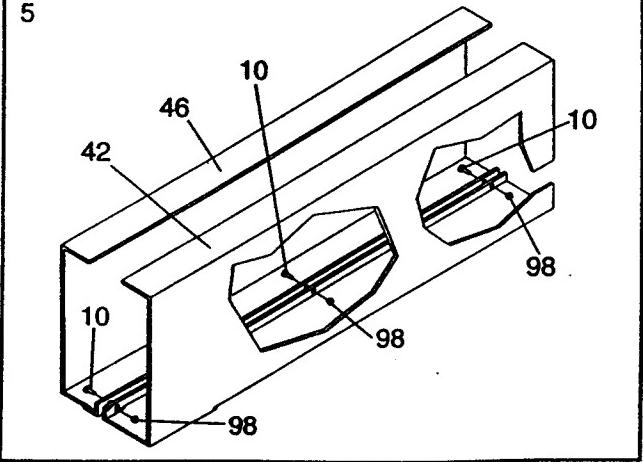
Turn the 20 Lb. Weight (94) so the deepest pin groove is on the bottom. Press a Weight Sleeve (93) into the top of the Weight.

Slide the eighteen 10 Lb. Weights (107) onto the Weight Upright (17). Each Weight must be turned so the "Weider" logo is on top, and the pin groove is on the same side of the Weight Upright as the slot.

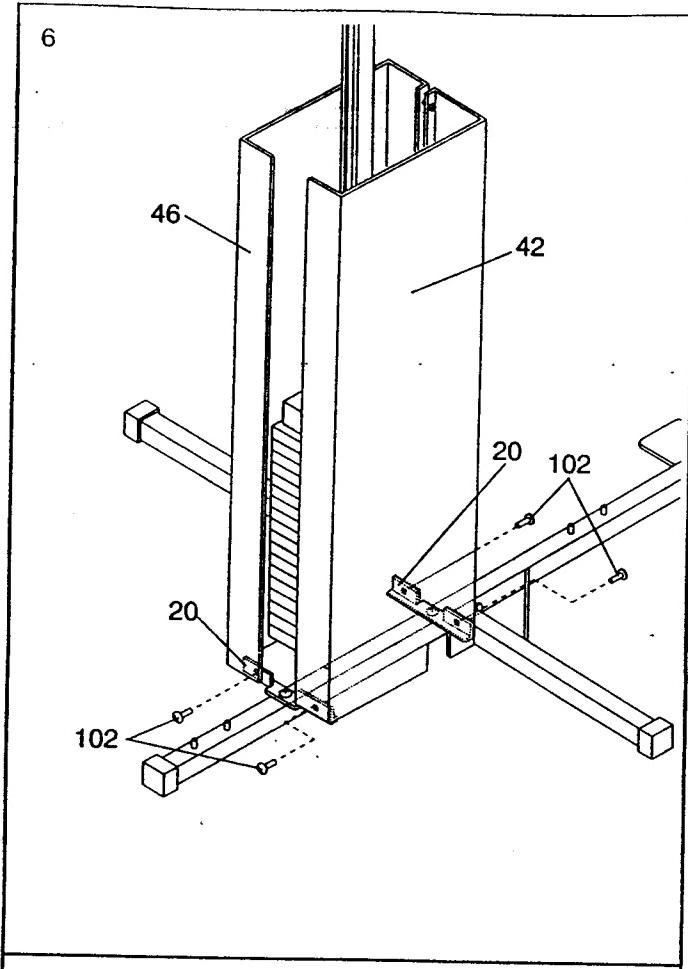
Slide the 20 Lb. Weight (94) onto the Weight Upright (17). The Large Weight must be turned so the pin groove is on the same side of the Weight Upright as the slot.



5. Attach the Side Guard (42) to the VKR Side Guard (46) with three #8-32 Screws (10) and #8-32 Nuts (98).



6. With the help of a second person, attach the Side Guard (42) and the VKR Side Guard (46) to the Side Guard Brackets (20) with four #8 x 1/2" Self-Tapping Screws (102).



7. Press a 1 3/4" Inner Cap (29) into the Front Upright (19).

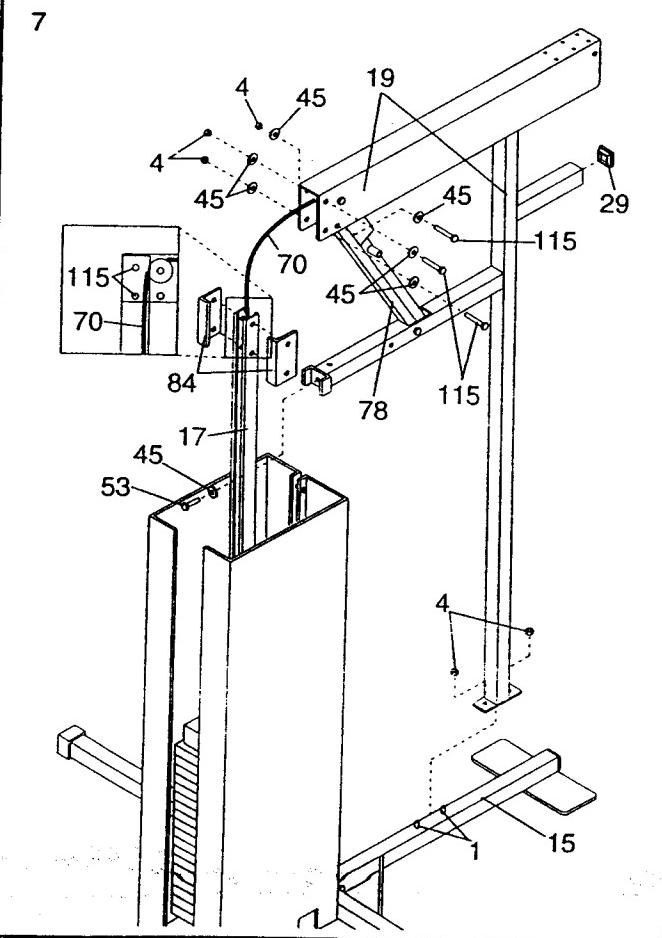
Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Weight Upright (17). Attach the Front Upright to the Base with two 5/16" Nylon Locknuts (4). **Do not tighten the Nylon Locknuts yet.**

Insert the Upright Brackets (84) between the Front Upright (19) and the upper end of the Weight Upright (17). Attach the Front Upright and the Upright Brackets to the Weight Upright with two 5/16" x 3 1/4" Bolts (115), four 5/16" Flat Washers (45), and two 5/16" Nylock Nuts (4). **Do not tighten the Nylon Locknuts yet. Note: The Weight Cable (70) must be on the side of the Bolts shown in the inset drawing.**

Attach the Front Upright (19) to the Base (15) with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

Attach the Front Upright (19) to the Rear Upright (17) with that 5/16" x 1 3/4" Screw (53) and a 5/16" Flat Washer (45).

Attach a 5/16" x 3 1/4" Bolt (115), two 5/16" Flat Washers (45) and a 5/16" Nylock (4) to the remaining empty hole in the Front Upright (19).



- Slide the Rear Upright (49) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Attach the Rear Upright to the Base with two 5/16" Nylon Locknuts (4). Do not tighten the Nylon Locknuts yet.

Attach the Large "U" Bracket (85) to the Weight Upright (17) with the 5/16" x 3/4" Bolt (103), a 5/16" Flat Washer (45), and a 5/16" Nylon Locknut (4).

Press the two 2" Inner Caps (13) into the Rear Upright Top (101).

Attach the Rear Upright Top (101) to the Rear Upright (49) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylon Locknuts (4).

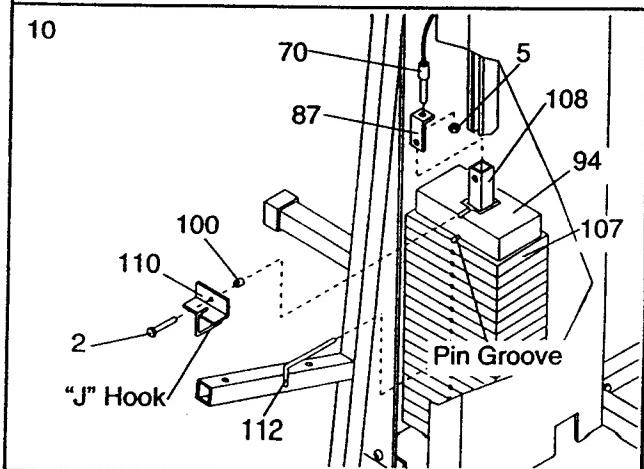
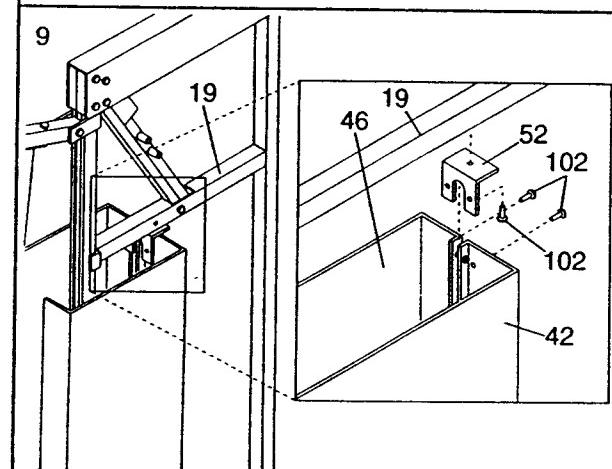
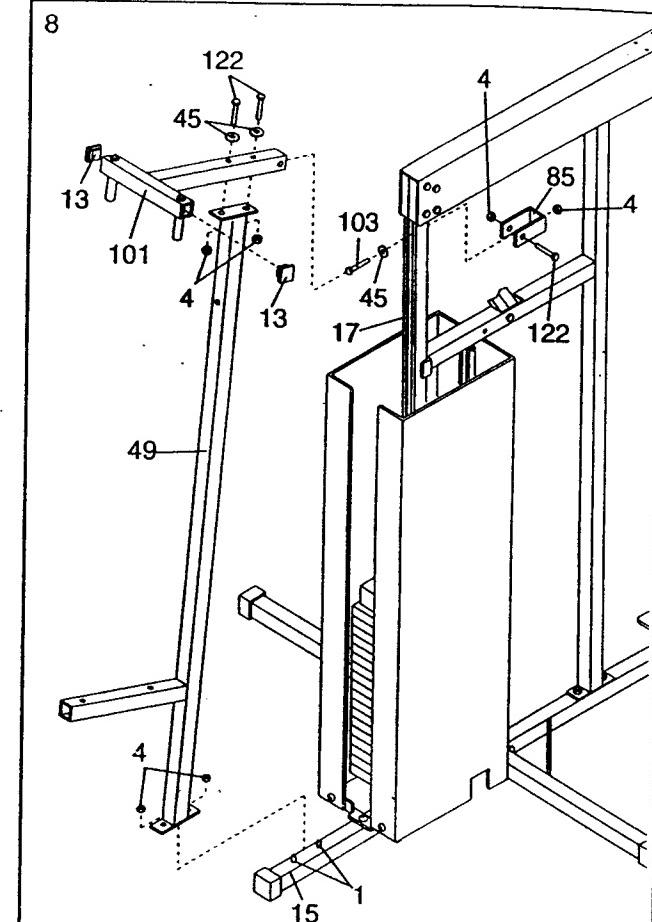
Attach the Rear Upright Top (101) to the Large "U" Bracket (85) with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylon Locknut (4).

- Attach the Side Guard "L" Bracket (52) to the Front Upright (19) with a #8 x 1/2" Self-Tapping Screw (102).

Attach the Side Guard (42) and the VKR Side Guard (46) to the Side Guard "L" Bracket (52) with two #8 x 1/2" Self-Tapping Screws (102).

- Insert the end of the Weight Cable (70) into the Cable Bracket (87). Thread a 1/4" Nylock Nut (5) halfway up the threads on the end of the Weight Cable.

Insert the Weight Pin (112) under the tenth Weight (107). Insert the Cable Bracket (87) into the top of the Weight Tube (108). Slide the Weight Bracket (110) and 1/2"x 7/16"Bushing (100) onto the 5/16"x1 1/4" Bolt (2). Insert the Bolt into the Weight Tube. Tighten the Bolt into the Cable Bracket. The "J" hook on the Weight Bracket must be inserted into the pin groove under the 20 lb. Weight.



11. Remove the 3/8" Nylon Locknut (63) from the indicated 3/8" x 2 3/4" Bolt (55). Do not remove the Bolt.

Press a 1 3/4" Inner Cap (29) into the upper end of the VKR Upright (97).

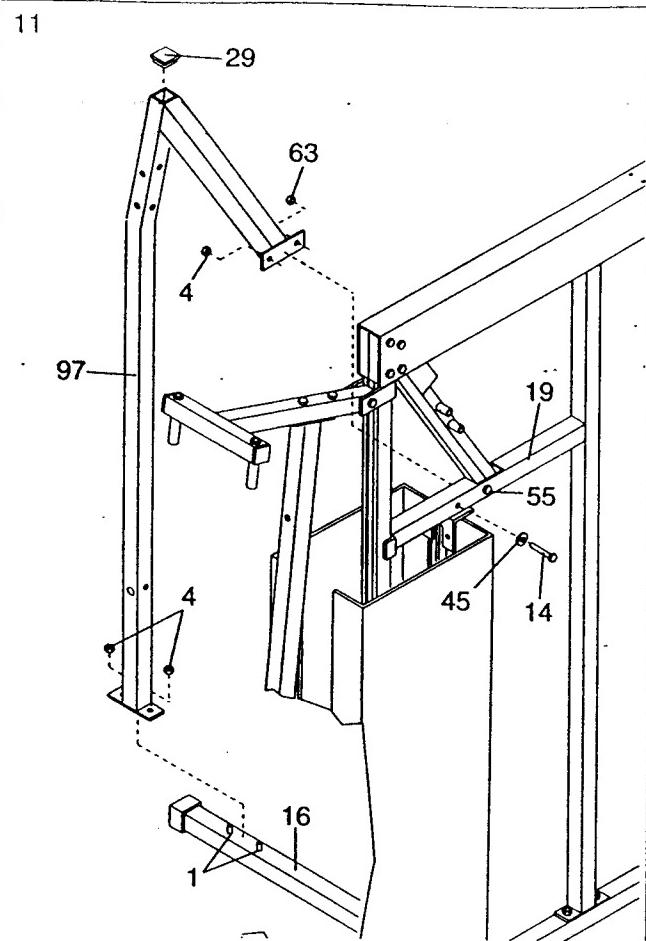
Slide the VKR Upright (97) onto the 3/8" x 2 3/4" Bolt (55) in the Front Upright (19) and the two 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Thread the 3/8" Nylon Locknut (63) onto the 3/8" x 2 3/4" Bolt (55). **Do not tighten the Nylon Locknut yet.**

Attach the VKR Upright (97) to the Front Upright (19) with a 5/16" x 2 1/2" Bolt (14), 5/16" Flat Washer (45), and 5/16" Nylon Locknut (4). **Do not tighten the Nylon Locknut yet.**

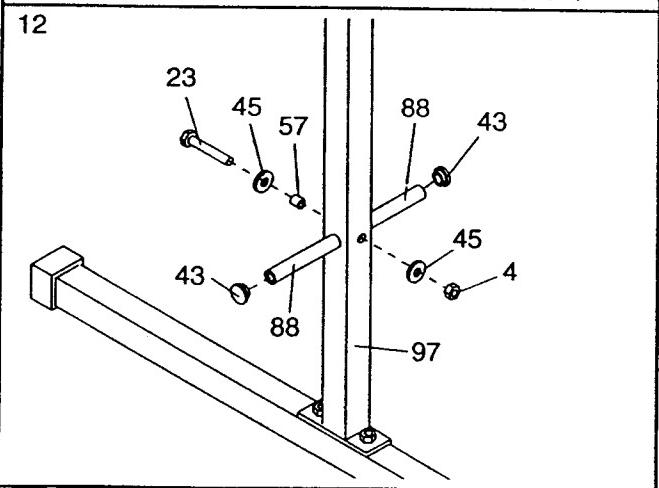
Attach the VKR Upright (97) to the Stabilizer (16) with two 5/16" Nylon Locknuts (4).

**Tighten all Nylon Locknuts (4) used in assembly steps 7, 8, and 11.**



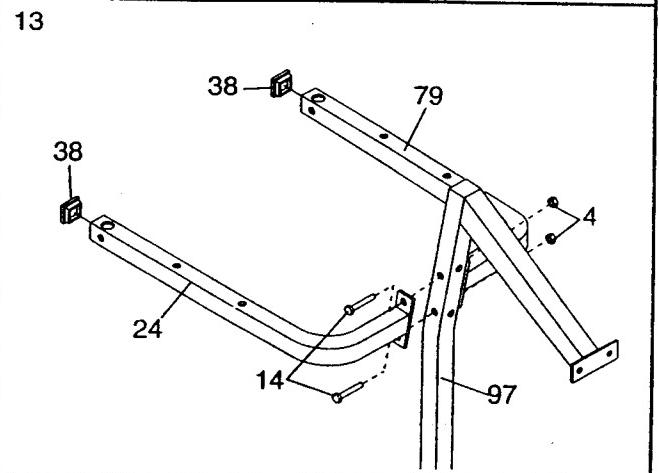
12. Press a 1" Round Cap (43) into each end of the Stepper Tube (88).

Insert the Stepper Tube (88) into the lower end of the VKR Upright (97). Attach the Stepper Tube to the VKR Upright with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Spacer (57), and a 5/16" Nylon Locknut (4).



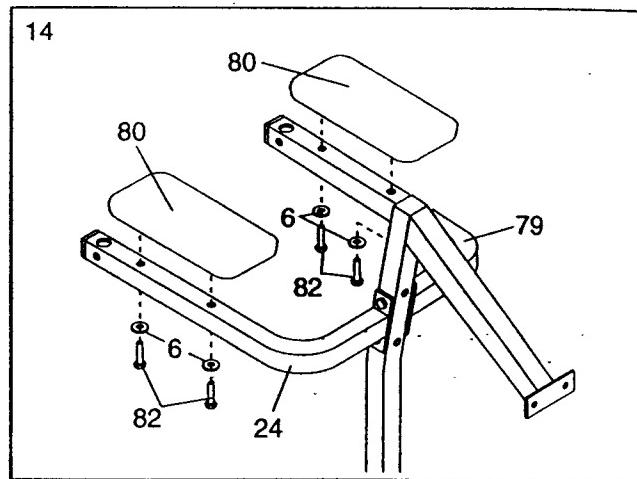
13. Attach the Left and Right VKR Arms (24, 79) to the VKR Upright (97) with two 5/16" x 2 1/2" Bolts (14) and 5/16" Nylon Locknuts (4).

Press a 1 1/2" Inner Cap (38) into each of the VKR Arms (24, 79).



14. Attach a VKR Armrest (80) to the Left VKR Arm (24) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

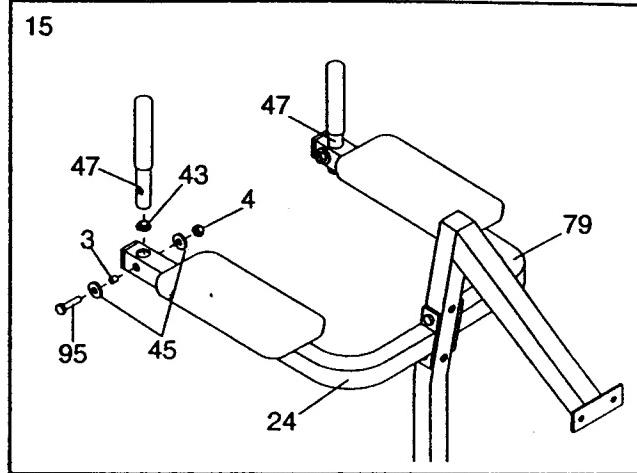
Attach the other VKR Armrest (80) to the Right VKR Arm (79) in the same manner.



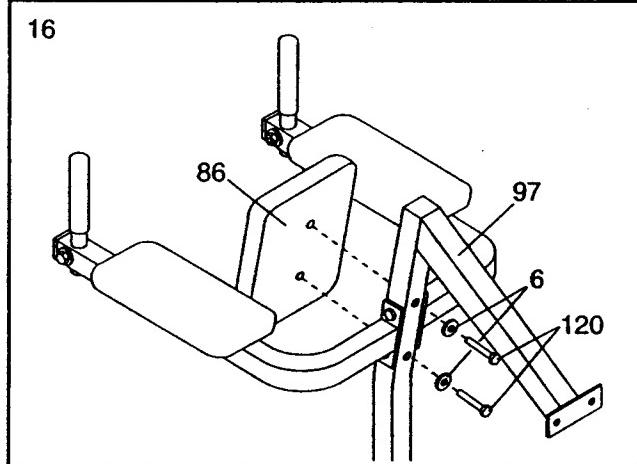
15. Press a 1" Round Cap (43) into a Handle (47).

Insert the Handle (47) into the Left VKR Arm (24). Attach the Handle to the Left VKR Arm with a 5/16" x 2" Bolt (95), two 5/16" Flat Washers (45), a 1/2" x 5/16" Spacer (3), and a 5/16" Nylon Locknut (4).

Attach a Handle (47) to the Right VKR Arm (79) in the same manner.

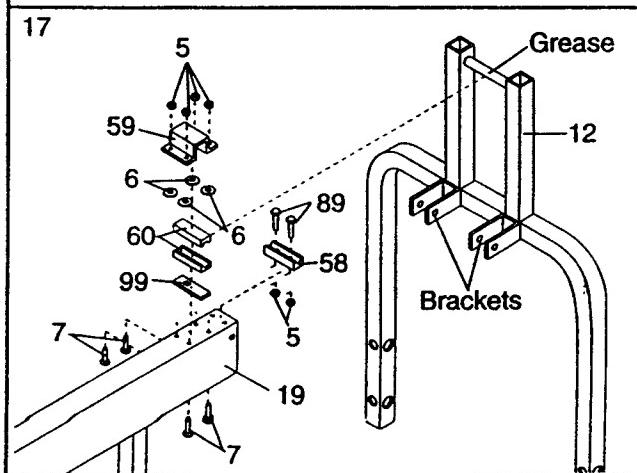


16. Attach the Small Backrest (86) to the VKR Upright (97) with the two 1/4" x 2 1/4" Screws (120) and two 1/4" Flat Washers (6).



17. Apply grease to the axle on the Press Arm (12). Hold the axle between the two Press Arm Bushings (60). Set the Press Arm Bushings, the Press Arm and the Thin Metal Plate (99) on the Front Upright (19). The Press Arm must be turned so the brackets are facing the Front Upright. Place the Press Arm Cap (59) over the Press Arm Bushings. Attach the Press Arm Cap to the Front Upright with four 1/4" x 3/4" Screws (7), 1/4" Flat Washers (6), and 1/4" Nylon Locknuts (5).

Attach the Bar Holder (58) to the Front Upright (19) with the two 1/4" x 3/4" Tap Screws (89) and two 1/4" Nylon Locknuts (5).



18. Press two 1 3/4" Inner Caps (29) into the Press Arm (12).

Press a 1" Round Cap (43) into each of the four remaining Handles (47).

Insert a Handle (47) into the right side of the Press Arm (12). Attach the Handle to the Press Arm with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Spacer (57), and a 5/16" Nylon Locknut (4) as shown.

Attach the other three Handles (47) to the Press Arm (12) in the same manner.

19. Extend the two Short Arm Shocks (25). Apply a liberal amount of grease around each Short Arm Shock in the indicated location.

Insert a Shock Bar (26) into the lower hole in the Pivot Arm (75) as shown. Attach a Short Arm Shock (25) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylon Locknut (5).

Attach the other Short Arm Shock (25) to the Shock Bar (26) in the same manner.

Press a 3/4" Outer Cap (65) onto each end of the Shock Bar (26).

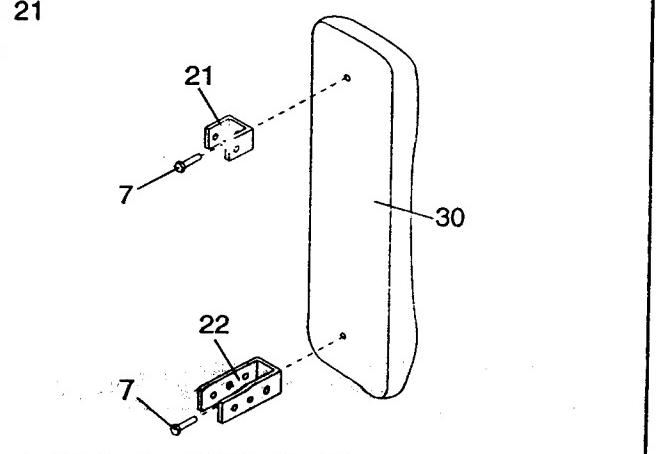
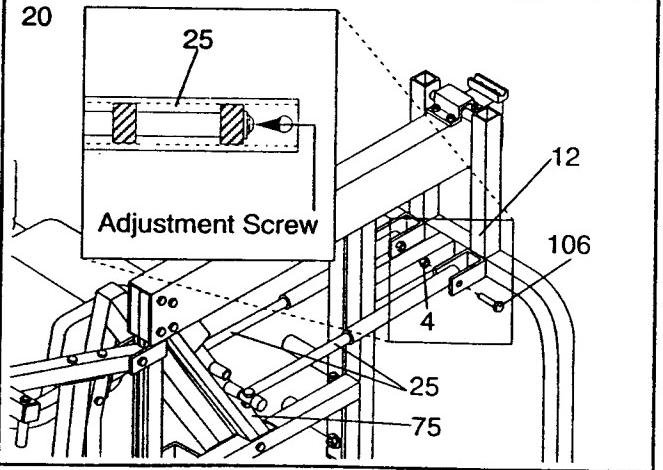
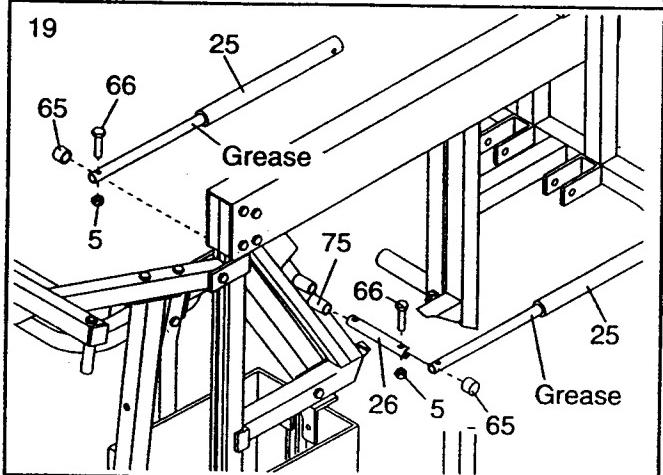
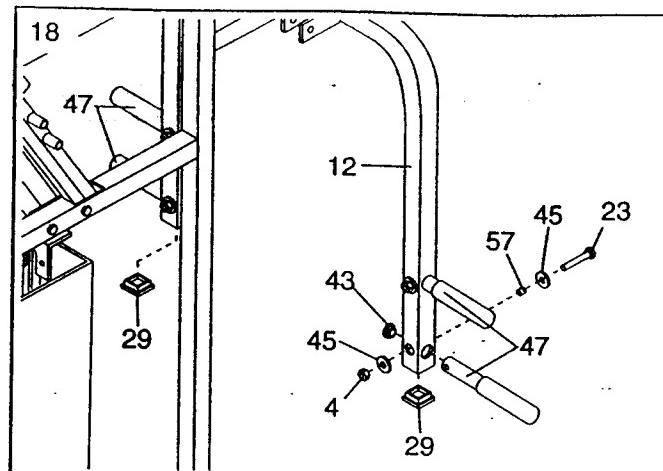
20. Hold the Pivot Arm (75) stationary in the position shown.

Hold the end of a Short Arm Shock (25) inside the bracket on the Press Arm (12) as shown. If the Short Arm Shock will not extend far enough, it must be adjusted. Press the Short Arm Shock together until it is as short as possible. Using a standard screwdriver, turn the adjustment screw inside the Short Arm Shock counterclockwise a few turns (see the inset drawing). Repeat until the hole in the end of the Short Arm Shock can be aligned with the holes in the bracket. Attach the Short Arm Shock to the bracket with a 5/16" x 1 3/4" Bolt (106) and 5/16" Nylon Locknut (4).

Attach the other Short Arm Shock (25) to the Press Arm (12) in the same manner.

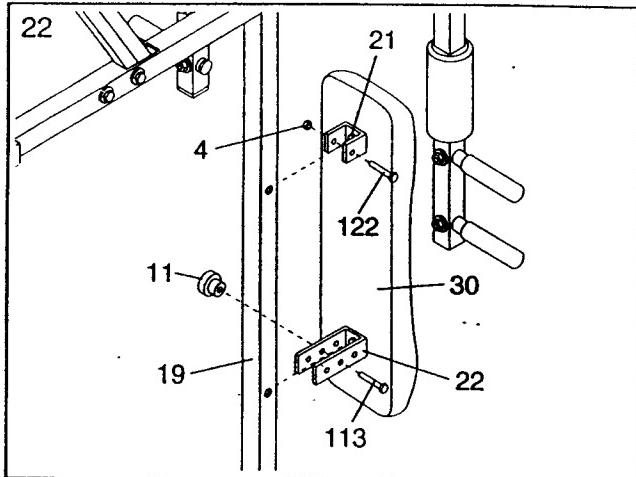
21. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

Attach the Adjustment Bracket (22) to the lower end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).



22. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylon Locknut (4).

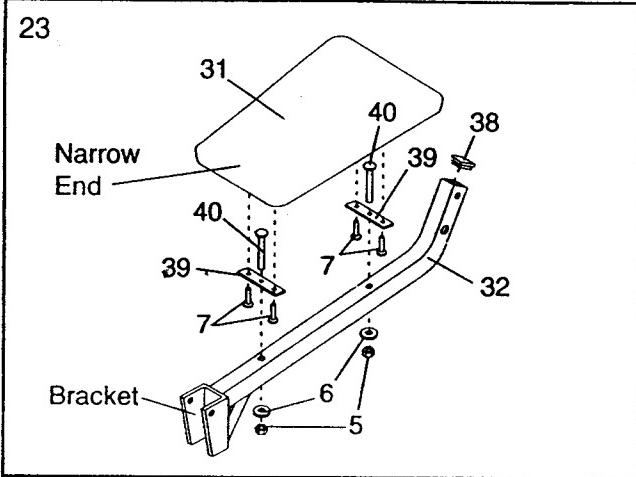
Align one of the three sets of holes in the Adjustment Bracket (22) with the indicated hole in the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Adjustment Bracket and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.



23. Press a 1 1/2" Inner Cap (38) into the Seat Frame (32).

Attach two Seat Brackets (39) to the Seat Frame (32) with two 1/4" x 2 1/4" Carriage Bolts (40), 1/4" Flat Washers (6), and 1/4" Nylon Locknuts (5).

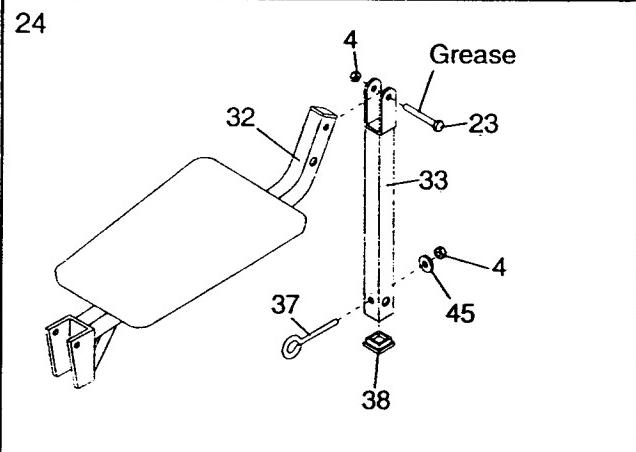
Attach the Press Seat (31) to the Seat Brackets (39) with four 1/4" x 3/4" Screws (7). The narrow end of the Press Seat must be towards the bracket on the Seat Frame (32).



24. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach the Leg Lever (33) to the Seat Frame (32) with the Bolt and a 5/16" Nylon Locknut (4). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

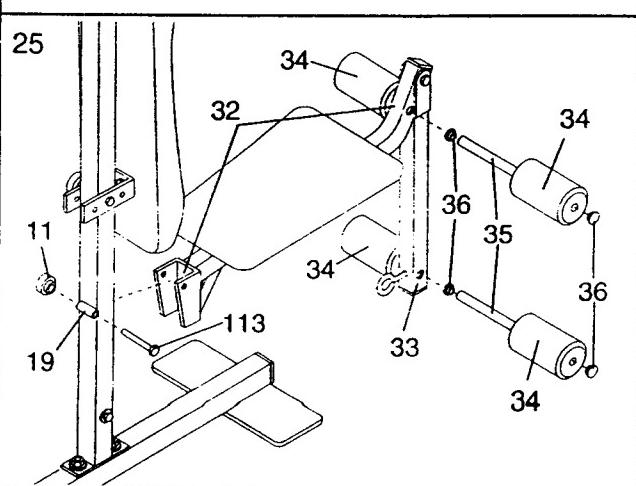
Insert the 5/16" x 2 1/2" Eyebolt (37) through the Leg Lever (33) from the indicated side. Slide a 5/16" Flat Washer (45) onto the Eyebolt, and tighten a 5/16" Nylon Locknut (4) onto the Eyebolt.



25. Press the four 3/4" Round Caps (36) into the ends of the two Pad Tubes (35).

Insert one Pad Tube (35) into the Seat Frame (32) and center it. Slide a Foam Pad (34) onto each end of the Pad Tube. Insert the other Pad Tube into the Leg Lever (33) and center it. Slide a Foam Pad (34) onto each end of the Pad Tube.

Align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.



26. Insert a 1/4" x 2 1/2" Screw (54) through the Side Guard "T" Bracket (61) and the Rear Upright (49) as shown.

Tighten the 1/4" x 2 1/2" Screw (54) into the upper end of the Butterfly Backrest (41).

Attach the lower end of the Butterfly Backrest (41) to the Rear Upright (49) with a 1/4" x 2 1/2" Screw (54) and 1/4" Flat Washer (6).

Attach the Side Guard (42) and the VKR Side Guard (46) to the Side Guard "T" Bracket (61) with two #8-32 Screws (10) and #8-32 Nuts (98).

27. Press a 2" Inner Cap (13) into the Rear Upright (49).

Attach a Seat Bracket (39) to the Rear Upright (49) with a 1/4" x 2 1/4" Carriage Bolt (40), 1/4" Flat Washer (6), and 1/4" Nylon Locknut (5).

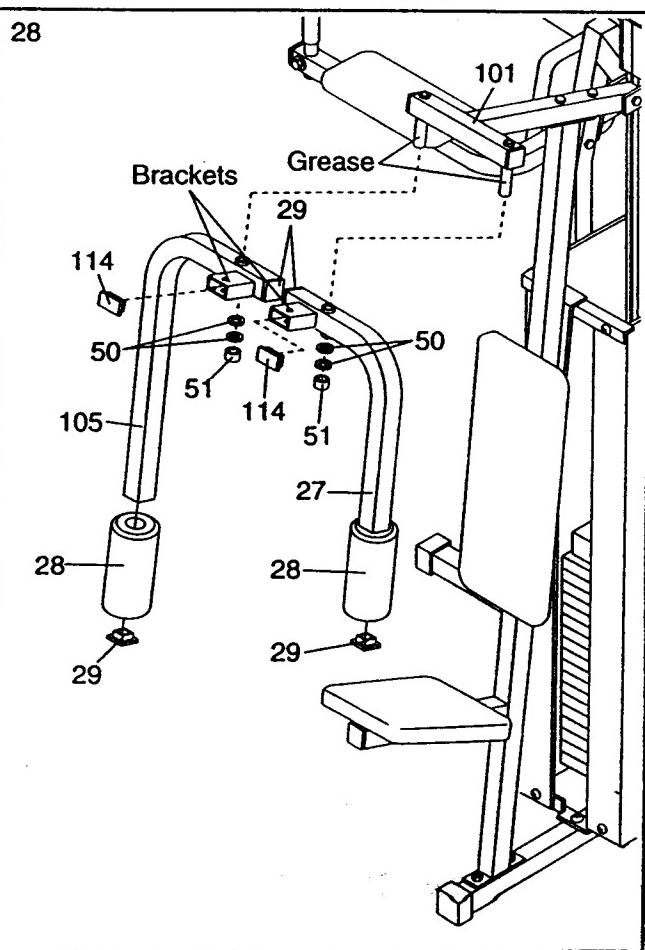
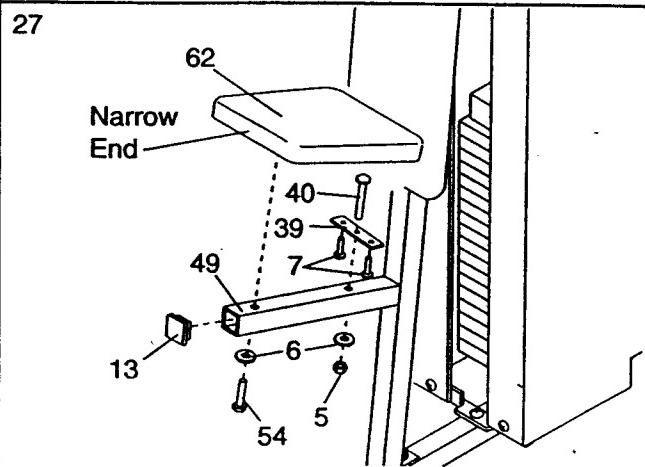
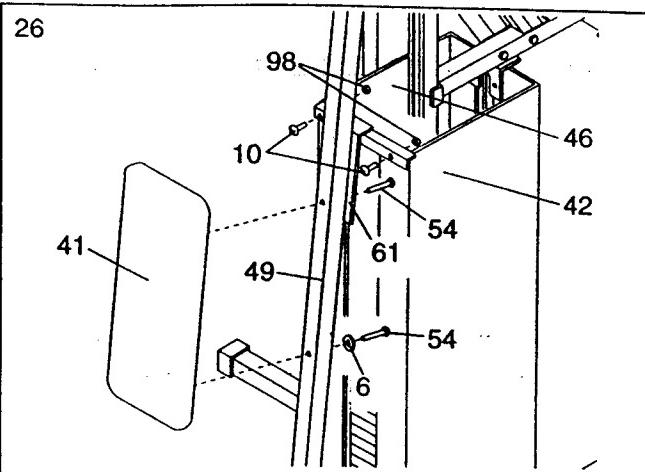
Attach the Butterfly Seat (62) to the Seat Bracket (39) with two 1/4" x 3/4" Screws (7). The narrow end of the Butterfly Seat must be above the 2" Inner Cap (13). Attach the Butterfly Seat to the Rear Upright (49) with a 1/4" x 2 1/2" Screw (54) and 1/4" Flat Washer (6).

28. Apply grease to the axles on the Rear Upright Top (101). Slide the Left Butterfly Arm (27) onto the left axle. Note the bracket on the Butterfly Arm to make sure that the Butterfly Arm is on the correct side. Hold two 1" Retainers (50) and a 1" Plastic Cap (51) against the lower end of the axle. The teeth on the Retainers must bend toward the Plastic Cap. Tap the Retainers and Plastic Cap onto the axle.

Press two 1 3/4" Inner Caps (29) and a 1" x 2" Inner Cap (114) into the Left Butterfly Arm (27).

Assemble the Right Butterfly Arm (105) to the right axle on the Rear Upright Top (101) in the same manner.

Wet the lower ends of the Butterfly Arms (27, 105) with soapy water. Slide an 8" Foam Pad (28) onto the lower end of each Butterfly Arm.



29. Attach an Arm Bracket (124) to the Left Butterfly Arm (27) with a 3/8" x 3 1/4" Bolt (8) and 3/8" Nylock Nut (63).

Attach an Arm Bracket (124) to the Right Butterfly Arm (105) in the same manner.

30. Extend the two Long Arm Shocks (90). Apply a liberal amount of grease around each Long Arm Shock in the indicated location.

Insert a Shock Bar (26) into the upper hole in the Pivot Arm (75) as shown. Attach a Long Arm Shock (90) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylon Locknut (5).

Attach the other Long Arm Shock (90) to the Shock Bar (26) in the same manner.

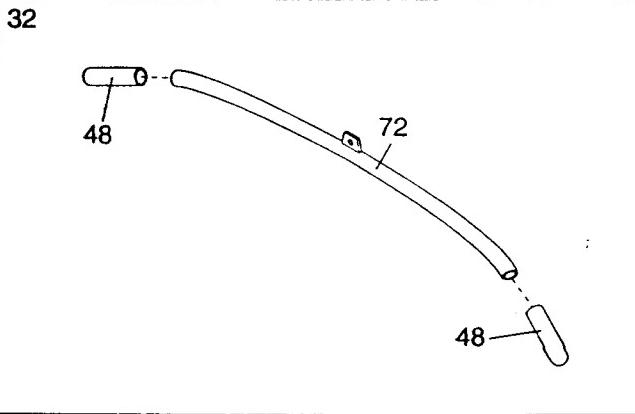
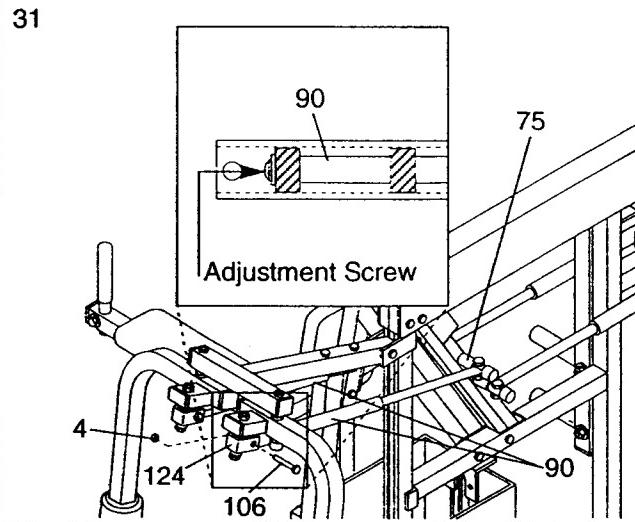
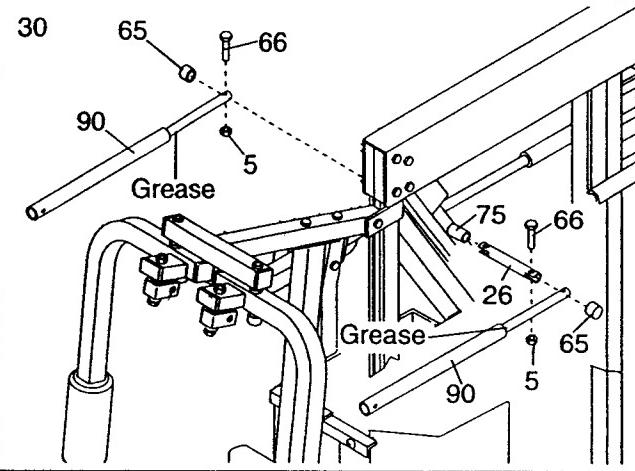
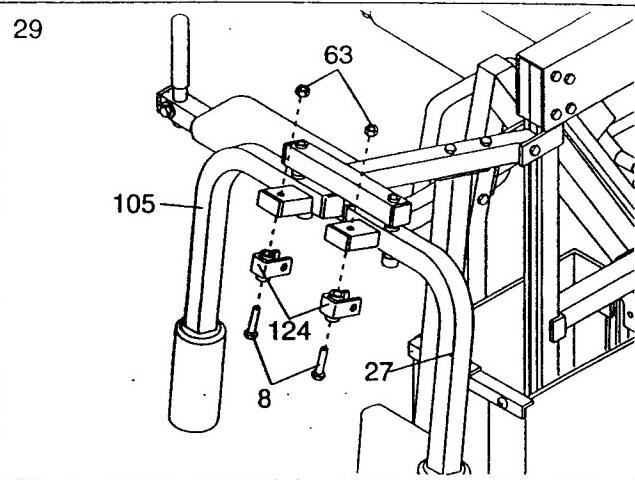
Press a 3/4" Outer Cap (65) onto each end of the Shock Bar (26).

31. Hold the Pivot Arm (75) stationary in the position shown.

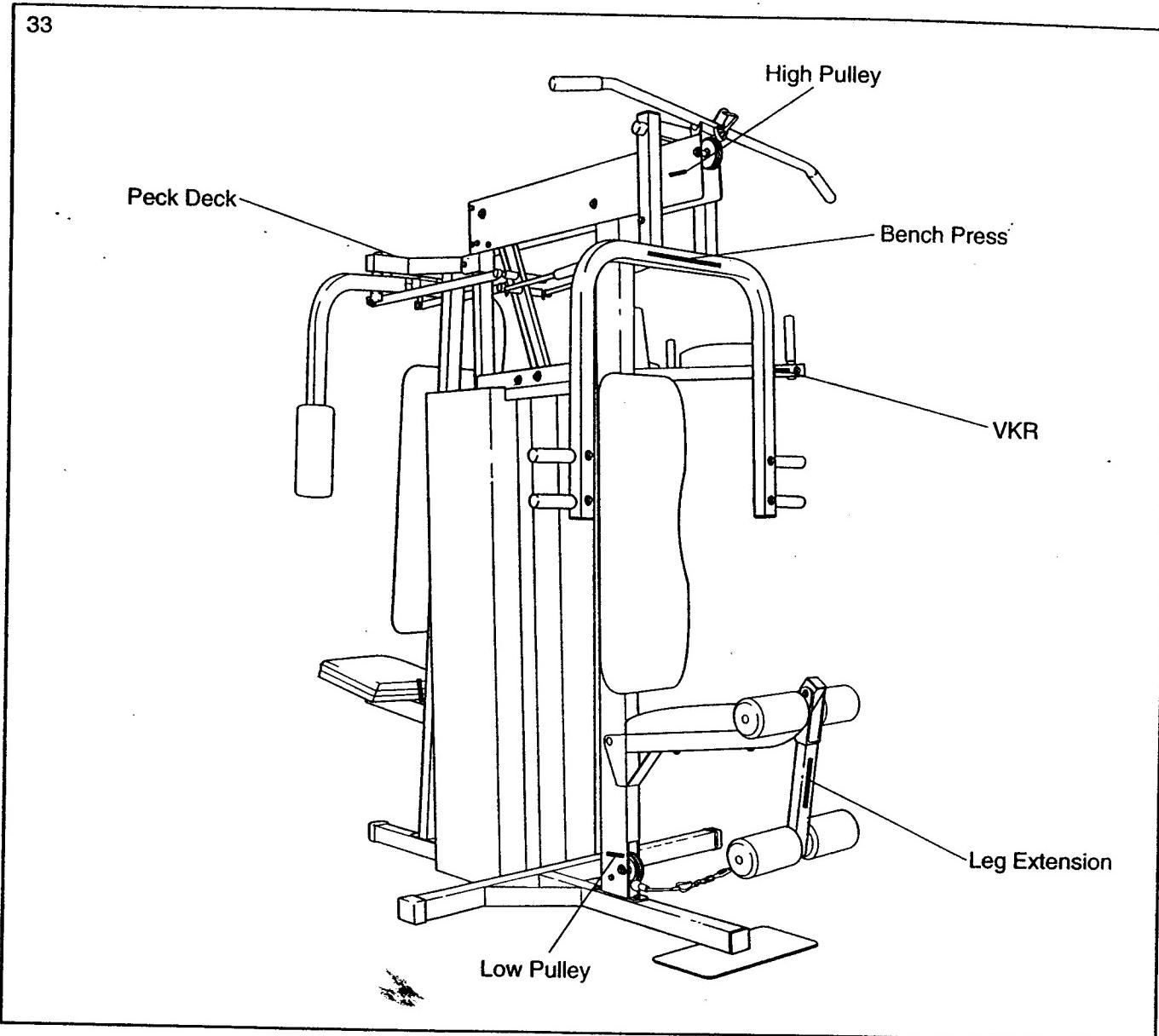
Press one of the Long Arm Shocks (90) together until it is as short as possible. Hold the end of the Long Arm Shock inside one of the Arm Brackets (124). Align the hole in the end of the Long Arm Shock with the holes in the Arm Bracket. If the holes cannot be aligned, use a standard screwdriver to adjust the screw inside the Long Arm Shock (see the inset drawing). Repeat until the hole in the end of the Long Arm Shock can be aligned with the holes in the Arm Bracket. Attach the Long Arm Shock to the Arm Bracket with a 5/16" x 1 3/4" Bolt (106) and 5/16" Nylock Nut (4).

Attach the other Long Arm Shock (90) to the other Arm Bracket (124) in the same manner.

32. Wet the ends of the Lat Bar (72) with soapy water. Slide a 5" Grip (48) onto each end of the Lat Bar.



33. Remove the decals from the Decal Sheet (not shown), and apply them to the hard drive system in the locations shown in the drawing below.



34. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this owner's manual.

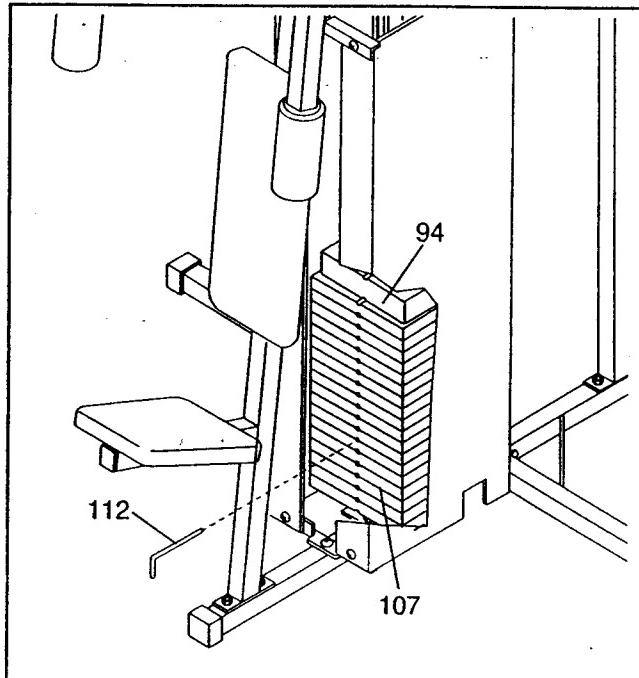
Before using the hard drive system, pull the ends of the cables a few times to make sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem before using the hard drive system. Refer to the CABLING DIAGRAM on page 18 to see the proper routing of the cables. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used.**

# ADJUSTMENT

The instructions below describe how each part of the hard drive system can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual to see how the hard drive system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

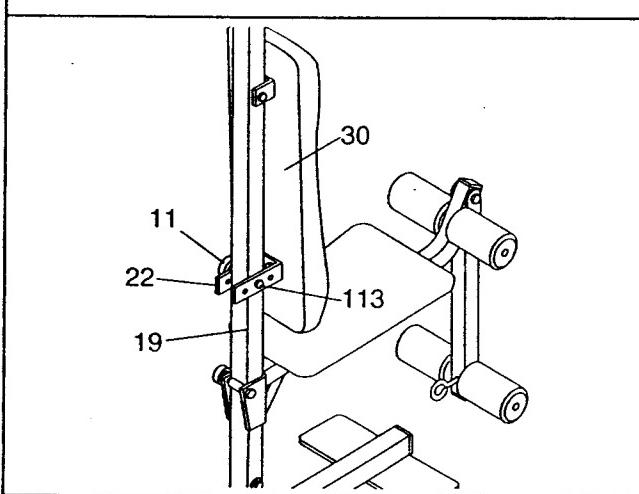
## SELECTING A WEIGHT SETTING

The weight setting can be changed by changing the position of the Weight Pin (112) in the weight stack. The Weight (94) on top of the weight stack weighs 20 pounds; each of the other eighteen Weights (107) weighs 10 pounds. The weight setting can be changed from 20 pounds to 200 pounds, in increments of 10 pounds. To select a weight setting, insert the Weight Pin under the desired Weight. Make sure to insert the Weight Pin until the bent end is touching the Weights. Turn the bent end downward. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting.**



## ADJUSTING THE PRESS BACKREST

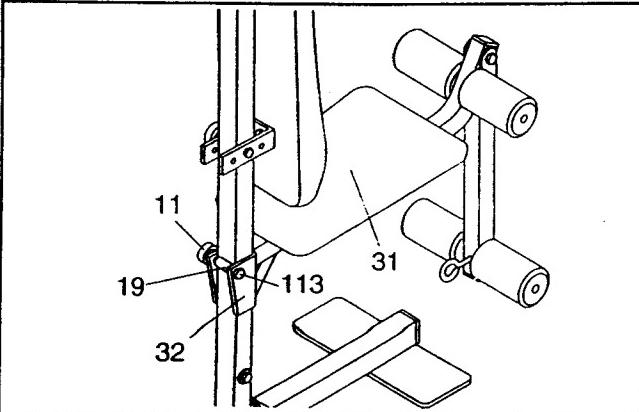
The Press Backrest (30) can be adjusted to any of three positions. To change the position, first remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113). Pivot the lower end of the Press Backrest until one of the three holes in the Adjustment Bracket (22) is aligned with the hole in the Front Upright (19). Insert the Carriage Bolt through the Adjustment Bracket and the Front Upright, and tighten the Knob onto the Carriage Bolt.



## ATTACHING AND REMOVING THE PRESS SEAT

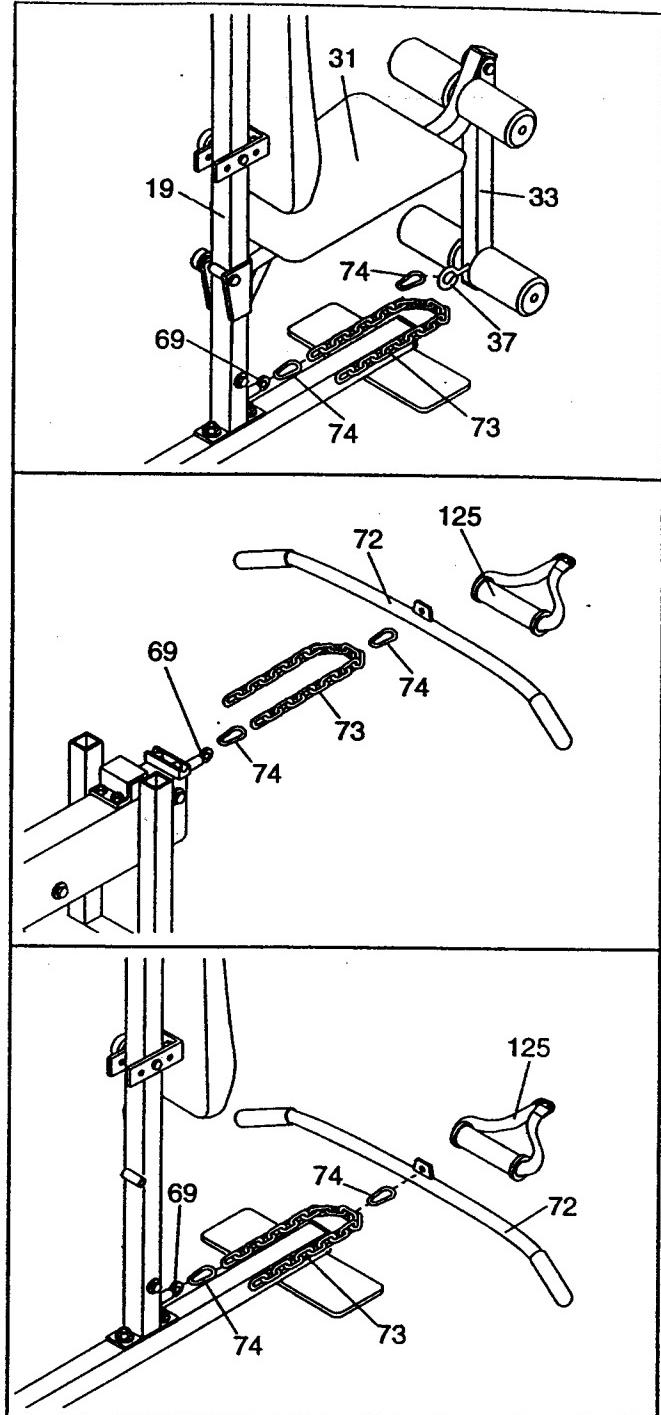
To attach the Press Seat (31) to the Front Upright (19), align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright. Insert a 5/16" x 2 3/4" Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

For some exercises, the Press Seat (31) must be removed from the Front Upright (19). First, make sure that the chain is not attached to the leg lever. Next, remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113). Lift off the Press Seat.



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (33), the Press Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE PRESS SEAT on page 15). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2 1/2" Eyebolt (37) on the Leg Lever with a Cable Clip.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (125) can be attached in the same manner.

## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (125) can be attached in the same manner.

# TROUBLE-SHOOTING AND MAINTENANCE

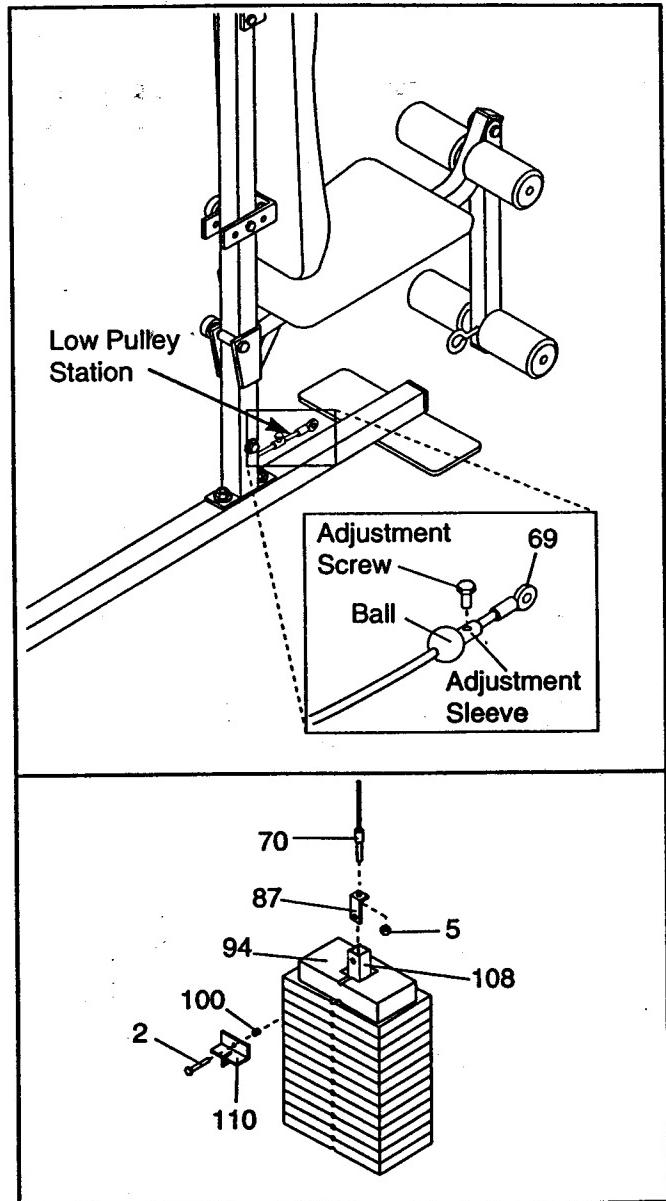
Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the hard drive system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Follow the instructions below to tighten the cables.

Locate the adjustment sleeve and adjustment screw near the lower end of the Pulley Cable (69). Loosen the adjustment screw. Pull the end of the Pulley Cable until the Pulley Cable is tight, slide the adjustment sleeve and the ball against the low pulley, and retighten the adjustment screw. Make sure that the cables are not too tight, or the 20 Lb. Weight (94, not shown) will be lifted off the weight stack.

The cables can also be tightened by following the instructions below.

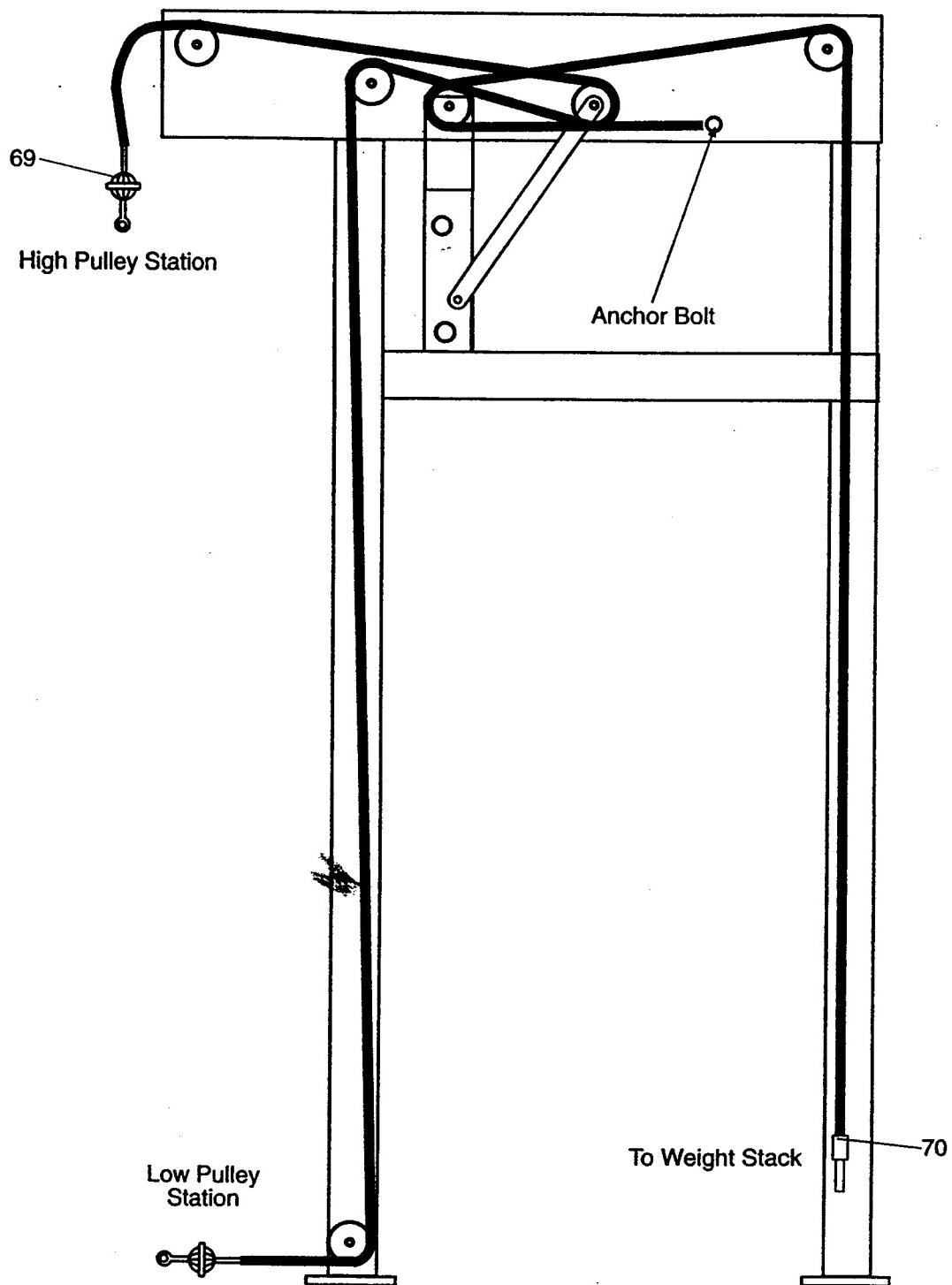


Remove the 5/16" x 1 1/4" Bolt (2), Weight Bracket (110), and 1/2" x 7/16" Bushing (100) from the Weight Tube (108). Remove the Cable Bracket (87) from the Weight Tube. Tighten the 1/4" Nylon Locknut (5) farther onto the threaded end of the Weight Cable (70). Reassemble the parts. Repeat, if necessary, until there is no slack in the cables. Make sure that the cables are not too tight, or the 20 Lb. Weight (94) will be lifted off the weight stack.

If the cables cannot be tightened enough as described above, the cables may need to be replaced. See the back cover of this owner's manual for information about ordering replacement parts.

# CABLING DIAGRAM

The Pulley Cable (69) and Weight Cable (70) come pre-assembled. However, if either Cable has shifted during shipping, use the diagram below to make sure that the cable is properly routed.





# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-667-2140, Monday through Friday, 9 a.m. until 5 p.m. Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (2338 WG-8300).
2. The NAME of the product (WEIDER® 8300 Hard Drive System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

## LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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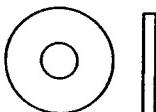
# PART IDENTIFICATION CHART—Model No. WG83000

R894A

This chart is provided to help identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly. This side of the chart shows all of the nuts, washers and bolts used in assembly. See the opposite side of this chart for all other parts.



#8-32 Nut (98)—7



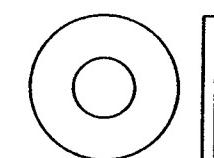
#8 Washer (96)—2



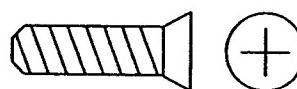
1/4" x 3/4" Screw (7)—12



1/4" Nylon Lock Nut (5)—14



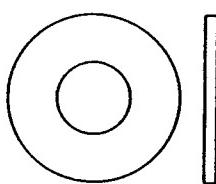
1/4" Flat Washer (6)—15



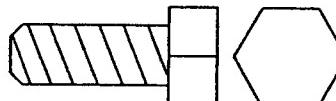
1/4" x 3/4" Taper Screw (89)—2



5/16" Nylon Lock Nut (4)—34



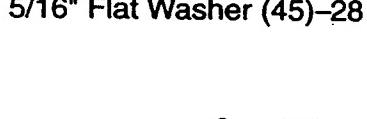
5/16" Flat Washer (45)—28



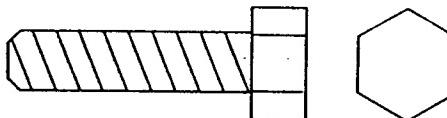
5/16" x 3/4" Bolt (103)—1



3/8" Nylon Lock Nut (63)—2



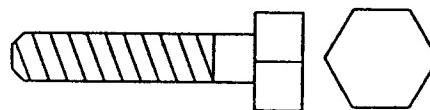
#8-32 x 1/2" Screw (102)—9



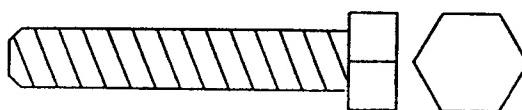
5/16" x 1 1/4" Bolt (2)—1



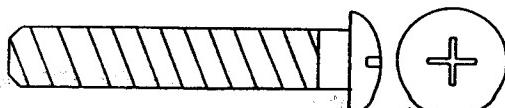
#8-32 Screw (10)—7



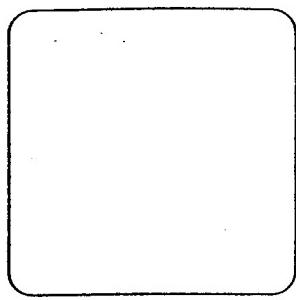
1/4" x 1 1/4" Bolt (66)—4



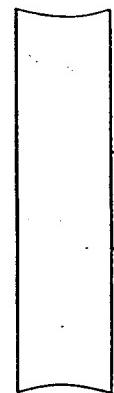
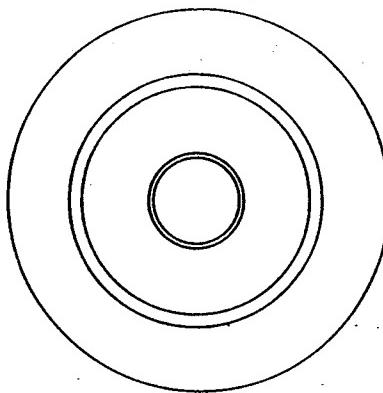
5/16" x 1 3/4" Bolt (106)—4



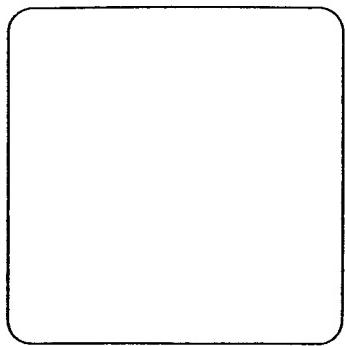
5/16" x 1 3/4" Screw (53)—1



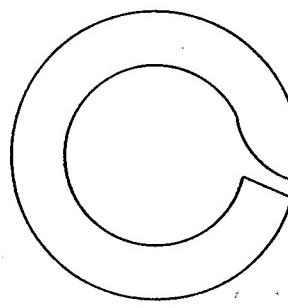
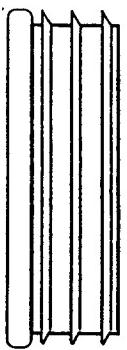
1 1/2" Inner Cap (38)—4



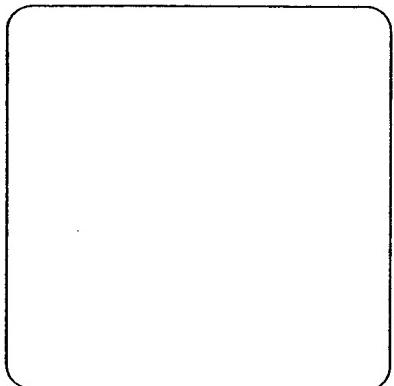
Roller (109)—4



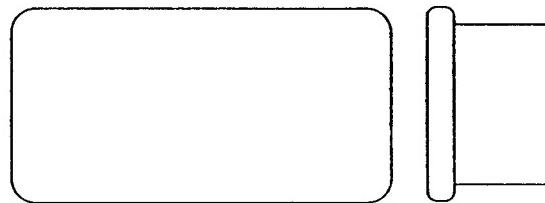
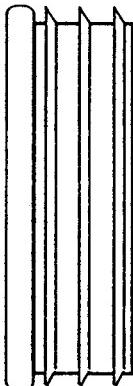
1 3/4" Inner Cap (29)—8



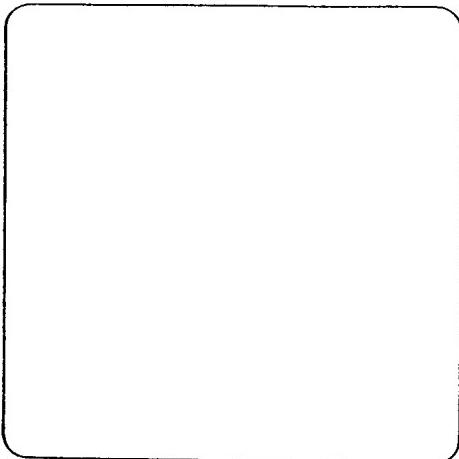
5/16" x 2 1/2" Eyebolt (37)—1



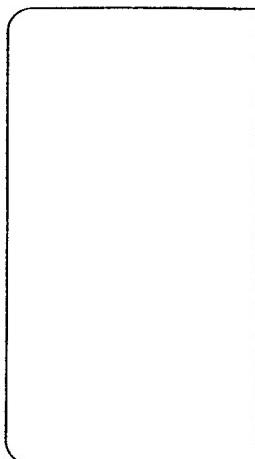
2" Inner Cap (13)—4



1" x 2" Inner Cap (114)—2



2" Outer Cap (127)—3





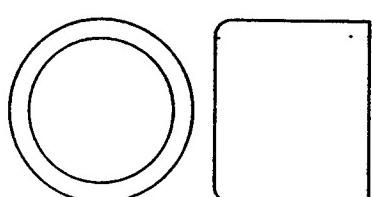
1/2" x 3/8" Bushing (57)-5



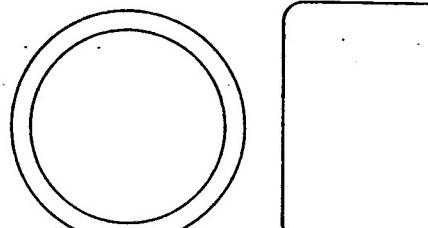
1/2" x 7/16" Bushing (100)-1



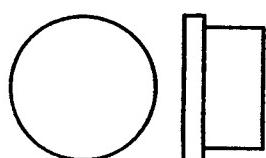
1/2" x 5/16" Spacer (3)-2



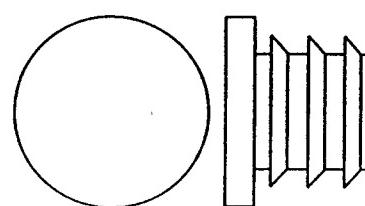
3/4" Cover Cap (65)-4



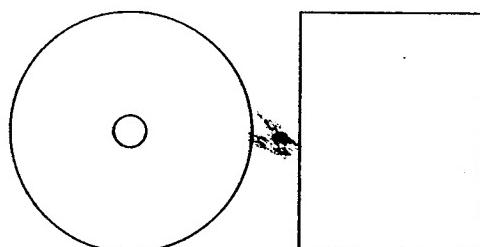
1" Plastic Cap (51)-2



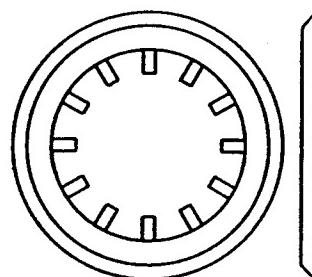
3/4" Round Cap (36)-4



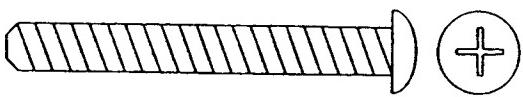
1" Round Cap (43)-8



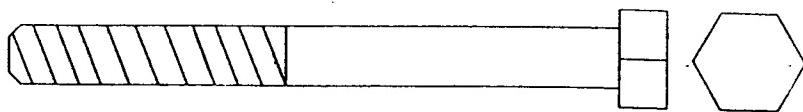
Rubber Bumper (9)-2



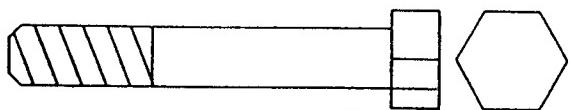
1" Retainer (50)-4



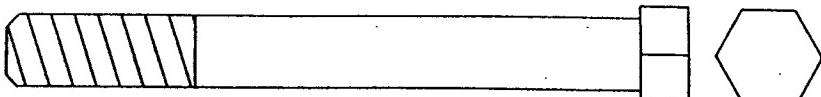
1/4" x 2" Screw (82)-4



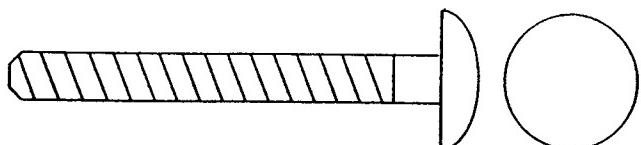
5/16" x 3 1/4" Bolt (115)-3



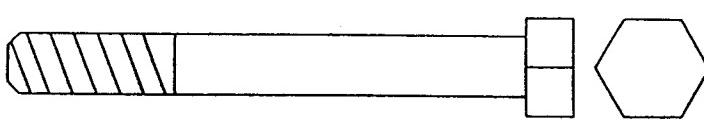
5/16" x 2" Bolt (95)-2



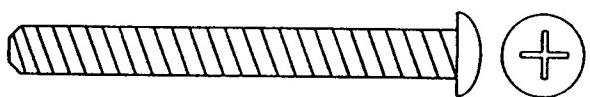
3/8" x 3 1/4" Bolt (8)-2



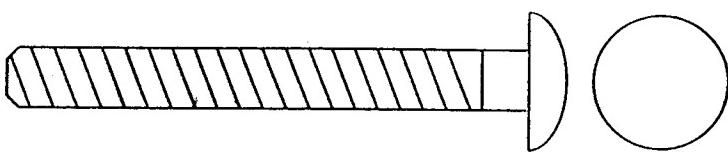
1/4" x 2 1/4" Carriage Bolt (40)-3



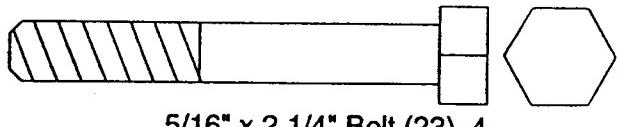
5/16" x 2 3/4" Bolt (122)-6



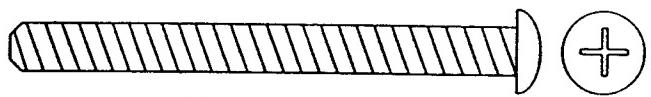
1/4" x 2 1/4" Screw (120)-2



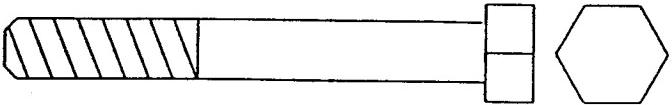
5/16" x 2 3/4" Carriage Bolt (113)-2



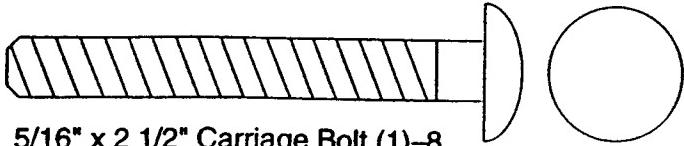
5/16" x 2 1/4" Bolt (23)-4



1/4" x 2 1/2" Screw (54)-3



5/16" x 2 1/2" Bolt (14)-3



5/16" x 2 1/2" Carriage Bolt (1)-8

# PART LIST—Model No. WG83000

R894A

## Key

No.	Qty.	Description
1	8	5/16" x 2 1/2" Carriage Bolt
2	1	5/16" x 1 1/4" Bolt
3	2	1/2" x 5/16" Spacer
4	34	5/16" Nylon Locknut
5	14	1/4" Nylon Locknut
6	15	1/4" Flat Washer
7	12	1/4" x 3/4" Screw
8	3	3/8" x 3 1/4" Bolt
9	2	Rubber Bumper
10	7	#8-32 Screw
11	2	5/16" Knob
12	1	Press Arm
13	2	2" Inner Cap
14	3	5/16" x 2 1/2" Bolt
15	1	Base
16	1	Stabilizer
17	1	Weight Upright
18	1	3/8" x 1" Carriage Bolt
19	1	Front Upright
20	2	Side Guard Bracket
21	1	Small "U"-Bracket
22	1	Adjustment Bracket
23	6	5/16" x 2 1/4" Bolt
24	1	Left VKR Arm
25	2	Short Arm Shock
26	2	Shock Bar
27	1	Left Butterfly Arm
28	2	8" Foam Pad
29	9	1 3/4" Inner Cap
30	1	Press Backrest
31	1	Press Seat
32	1	Seat Frame
33	1	Leg Lever
34	4	7" Foam Pad
35	2	Pad Tube
36	4	3/4" Round Cap
37	1	5/16" x 2 1/2" Eyebolt
38	4	1 1/2" Inner Cap
39	3	Seat Bracket
40	3	1/4" x 2 1/4" Carriage Bolt
41	1	Butterfly Backrest
42	1	Side Guard
43	8	1" Round Cap
44	1	5/16" Jam Nut
45	28	5/16" Flat Washer
46	1	VKR Side Guard
47	6	Handle
48	8	5" Grip
49	1	Rear Upright
50	4	1" Retainer
51	2	1" Plastic Cap
52	1	Side Guard "L"-Bracket
53	1	5/16" x 1 3/4" Screw

## Key

No.	Qty.	Description
54	3	1/4" x 2 1/2" Screw
55	2	3/8" x 2 3/4" Bolt
56	1	1/4" x 2 1/2" Carriage Bolt
57	5	1/2" x 3/8" Spacer
58	1	Bar Holder
59	1	Press Arm Cap
60	2	Press Arm Bushing
61	3	Side Guard "T" Bracket
62	1	Butterfly Seat
63	2	3/8" Nylon Locknut
64	9	3/8" Flat Washer
65	4	3/4" Outer Cap
66	4	1/4" x 1 1/4" Bolt
67	1	3 1/2" Pulley
68	3	3/8" x 3 1/2" Bolt
69	1	Pulley Cable
70	1	Weight Cable
71	2	"L"-Bracket
72	1	Lat Bar
73	1	Chain
74	3	Cable Hook
75	1	Pivot Arm
76	1	3/8" x 1 3/4" Bolt
77	3	Thin 3/8" Pulley
78	1	Pivot Arm Extension
79	1	Right VKR Arm
80	2	VKR Armrest
81	1	3 1/2" "V"-Pulley
82	4	1/4" x 2" Screw
83	2	1/2" x 5/8" Bushing
84	2	Upright Bracket
85	1	Large "U"-Bracket
86	1	VKR Backrest
87	1	Cable Bracket
88	1	Stepper Tube
89	2	1/4" x 3/4" Tap Screw
90	2	Long Arm Shock
91	6	Small Clevis
92	1	3/8" x 3/8" Bushing
93	17	Weight Sleeve
94	1	20 Lb. Weight
95	2	5/16" x 2" Bolt
96	2	#8 Washer
97	1	VKR Upright
98	7	#8-32 Nut
99	1	Thin Metal Plate
100	1	1/2" x 7/16" Bushing
101	1	Rear Upright Top
102	9	#8 x 1/2" Self-Tapping Screw
103	1	5/16" x 3/4" Bolt
104	2	Long Clevis
105	1	Right Butterfly Arm
106	4	5/16" x 1 3/4" Bolt

**Key****No. Qty. Description**

107	18	10 Lb. Weight
108	1	Weight Tube
109	4	Roller
110	1	Weight Bracket
111	1	1/2" x 1 3/4" Bushing
112	1	Weight Pin
113	2	5/16" x 2 3/4" Carriage Bolt
114	2	1" x 2" Inner Cap
115	4	5/16" x 3 1/4" Bolt
116	1	1/2" x 2 1/2" Bushing
117	2	1/2" x 1/2" Bushing
118	1	1/2" x 1 1/4" Bushing
119	1	5/16" x 1 1/2" Roll Pin
120	2	1/4" x 2 1/4" Screw
121	2	3/8" x 5/16" Bushing
122	6	5/16" x 2 3/4" Bolt
123	1	2 5/8" Pulley
124	2	Arm Bracket
125	1	Nylon Strap
126	2	1/2" x 15/32" Bushing
127	3	2" Outer Cap
#	1	Owner's Manual
#	1	Exercise Poster
#	1	Part Identification Chart
#	1	Part List/Exploded Drawing

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the owner's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WG83000

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